

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

JULY 13, 2007

MAG-24 crawls away with victory

Pfc. Achilles Tsantarliotis

Combat Correspondent

Bump, Set, Spike.

That was the sound formula featured in the second game of the volleyball playoffs that led to a Marine Aircraft Group 24 victory over Health Clinic 2-0, at the Semper Fit Gym, Tuesday.

"We have a good team with a lot of experience, we're well rounded and it shows," said Marvin Sablan, from MAG-24. "Most of us played club volleyball and know how to communicate around the court."

The game began strong, both teams proved ready to play a fierce game. Nothing less was evident with a powerful serve from Paul F. Walema from the Health Clinic.

Jenna M. Clausen of MAG-24 made a smart play by faking a spike and barely tipped it over taking a one point lead, 6-5.

Giovanni Hale from the Health Clinic was blocked by a wall of defenders in an attempt to send it home, when Allan K. Babas, from the Health Clinic, dove to the ball for an amazing save, slowly fighting for the lead, 8-7.

John Delacruz from the Health Clinic, served with a heavy topspin, sending the ball spiraling down with no sign of what to expect, leaving MAG-24 unable to return, 15-18.

Sablan was remarkably all over the court making difficult plays,

See VICTORY, C-2



Lance Cpl. Chadwick deBree

Health Clinic sends the ball flying passed the defense of Marine Aircraft Group 24.



Lance Cpl. Chadwick deBree

Health Clinic's Allan Babas jumps up to spike the ball during the playoff game of the volleyball tournament Tuesday. The Health Clinic was defeated by Marine Aircraft Group 24 in a two game match.



Kylie Oates

Head Coach, Jeff Caraway of the MCBH Youth Wrestling Team, Semper Fit gets to experience firsthand the double-leg take down from Brandon Slay the 2000 Olympic Gold medalist in Kauai at the annual Westside Wrestling Clinic and Invitational.

Pros teach youth wrestlers the ropes

Lance Cpl. Chadwick deBree

Combat Correspondent

Members of the youth wrestling team traveled to Kauai in order to participate in the Westside Wrestling Clinic, June 23.

Participating in the clinic was head coach Jeffrey S. Caraway and the team's top wrestler, Anders Nordberg, who listened to the tips and advice from 2000 Olympic gold medalist Brandon Slay and Colorado Olympic Training Center resident Willie Madison.

"He (Nordberg) definitely took advantage of the situation and did very well paying attention and asking questions to fully understand the techniques being taught," Caraway said. "There were a lot of other kids there messing around, not paying attention, goofing off, things that kids will do, but Anders I think really realized the opportunity he had and paid attention."

This was the last event of the year for the team, and the team will take a nice break before starting the season up again next March.

"The whole team is pretty worn out after the season," Caraway said. "We only have the opportunity to practice twice a week and I cram as much as possible into them every practice."

See TEACH, C-2

Racing cyclists speed ahead

Christine Cabalo

Photojournalist

Racers had no easy breaks in their pursuit to win the 2007 Hawaii State Criterium Championship.

Held here for the first year, the championship has been a major Hawaii bicycling event for more than 20 years. Cyclists in each division rode their bikes for a timed period before beginning a final lap to the finish line. Divisions were available for experienced Category 1 to 3 racers, active military and newer category 4 and 5 cyclists.

Criterium races are different from marathons, said Carl Brooks, manager, BIKEFACTORY. Brooks, who coordinated the event, said a "crit" has a shorter course with more turns. Aggressive racers speed into the corners with the hope of pushing into the lead.

"Crits can get crazy," he said. "It's a very spectator friendly race. The packs just exploded during this year's race. Spectators for marathons may only see the bikers once, but in criteriums they do multiple laps before the finish."

The active military race got too crazy for Gunnery Sgt. Geoff Siepker, assistant race director and one of its competitors.

"I crashed," said Siepker, operations officer, Regimental Schools. "My body got banged up a bit on the fourth turn around the corner. I went down, and I lost some skin on my cheek. There was minimal damage to my bike, I took most of the damage."

Despite his injuries and a ripped pair of shorts, Siepker placed third in the race. After a change of clothes, the gunnery sergeant competed in the "Men 4,5" division race and placed seventh. During the second race, the category 5 cyclist said he didn't begin to feel any pain until the third to fourth turn.

"My knee began to hurt," he said. "I ignored it and pushed through because I



Emily Zagorski

Gunnery Sgt. Geoff Siepker, operations chief, Regimental Schools, leaves behind his competition during the "Men 4,5" division race. Siepker placed seventh in the race, after recovering from a fall during the "Active Military" division race. The gunnery sergeant said he tried to ignore any pain he felt while trying to maintain a fast pace.

had to keep the pressure on the other riders. I needed to keep my pace high."

The next race for the gunnery sergeant will be the July 29 Tinman Triathlon in Honolulu. As part of a team from Regimental Schools, Siepker will be the team's cyclist while his colleagues will be swimming or running.

The gunnery sergeant said he's always loved bike riding, and he began competing in more road races after his return to Hawaii from Iraq in May 2006. Finding a trainer has helped increase his racing performance, said the operations officer. Siepker said he hopes to advance to be a category 4 rider by the end of the year. He said as a member of the cyclist club "Team QuickRelease," he's learned more about training and racing strategies.

Another member of "Team QuickRelease," Mike Zagorski, won the

"Men 1,2,3" division as a category 1 cyclist. Zagorski, from Scotland, suffered from a flat tire near the end of his division's race. Borrowing a spare wheel from Siepker, he took a "free lap" or a timeout for technical problems, to fix his bicycle. After using his one "free lap," he rejoined the other cyclists to win the race.

Zagorski, who previously won his division race in 2005, said having the criterium at the base was convenient for him. The 2005 winner said his main focus was on competing in the event and not worrying about traffic that could disturb the race.

"It's the first time our team has done it at the base," said Brooks, another member of Team QuickRelease. "We'd

See BIKE, C-2

Sports Around Base

Youth Soccer

Marine Corps Community Services Youth Activities' Youth Soccer will begin in August. For more information, call 254-7611.

Parents for Fitness

The Parents for Fitness Program is a cooperative baby-sitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer baby-sit three times per month and is open for children 6 weeks and older. For more information, contact Dana at 235-8901.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers. Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of windward Oahu. Call the Base Marina to charter the Bill Collector at 257-7667 or 254-7666.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island. Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation from dawn to dusk for picnics and parties. Hale Koa Beach may be reserved for overnight camping. Reservations are required. Call 254-7666 for Kaneohe or 477-5143 for Camp Smith for more information.

Okinawa Kenpo Karate

Every Tuesday and Thursday, join Youth Activities' contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m., in Building 1391, located behind the old 7-Day Store. Adults and children are welcome. Costs for classes are \$35 for adults, \$25 for children, and \$20 for additional family members. For information, call Youth Activities at 254-7610.

Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends. Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m. Call 265-4283 for appointments.

K-Bay Lanes

K-Bay Lanes offers economical entertainment Mondays through Thursdays. All E-1s to E-5s pay \$1.75 for games and 50 cents to rent shoes. For more information, call K-Bay Lanes at 254-7693.

K-Bay Lanes Color Pin Special

Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win! For more information, call the K-Bay Lanes at 254-7693.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation. You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings. They will do all this and tailor a program, based on your physical needs and ambitions. For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency. Pick up a personal training appointment card at the Semper Fit Center now, or call 254-7597.

Semper Fit Center Offers Array of Group Exercise Programs

Semper Fit Center announces a new and expanded aerobics program. These new classes now being offered include a variety of workouts. The class schedule for Fridays is as follows:

8:45 to 10 a.m.
Step Challenge

11:45 a.m. to 12:15 p.m.
Gut Cut

4:45 to 5:45 p.m.
Cycling

5:45 to 6:45 p.m.
Pilates

7 to 9 p.m.
Aikido



Emily Zagorski

Mike Zagorski, from Team QuickRelease, speeds ahead of Chad Seymor to win the “Men 1,2,3” division race. Zagorski suffered a flat tire near the end of the race, and he was able to repair his bicycle in time to make first place.

2007 Hawaii State Criterium Championship

Top Three Division Cyclists

Active Military
1.) Mauricio Puerto
2.) Arnel Supnet
3.) Geoff Siepker

Women 1,2,3
1.) Michelle Foster
2.) Kara Dreflek
3.) Kate Johnson

Men 4,5
1.) Will Wong
2.) Kevin Kawainui
3.) Mark Miyamura

Men 1,2,3
1.) Mike Zagorski
2.) Chad Seymour
3.) Tony Lang



Emily Zagorski



Emily Zagorski

Cyclists for the “Men 1,2,3” division place their bikes at the starting point near D Street. The Hawaii State Criterium Championship has been a major Oahu bicycling event for than 20 years, and this year marked the first time it was held at the base. Inset: Tino Espiritu steers past a tight turn during the “Men 4,5” division race. Starting with the other cyclists at 8:10 a.m., Espiritu placed eleventh in the race.

BIKE, from C-1

love to continue doing it at the base as an annual event. The base leadership was so supportive, and they helped make things so easy.” Siepker said he hopes more of the base’s Marines and Sailors become involved with

cycling. The gunnery sergeant said he noticed a lot of riders on the road, and he hopes the championship will get some people interested in joining any of Oahu’s riding clubs. “The base’s course was good,” Zagorski said. “The roads are very clean and in good condition. It’s perfect for racing.”

VICTORY, from C-1

saving balls thought to be dead. Spiking the ball to an unmanned location with surgical precision, Sablan sent them to a two-point victory, 25-23. “That was the team to beat during the season and we got it together for today, I guess it was who wanted it more,” Sablan said. The second match grew with tension as the referees Dave Stewart and Jerry Goode’s calls were constantly questioned. Babas tipped the ball over the net to a confused MAG and showed a keen sense of timing, 2-1. Hale spiked from mid-court and there was confusion on MAG-24’s end on who was

TEACH, from C-1

Next season will be the third year Caraway has taught his team. Being an active volunteer, Caraway immediately asked what he could do after arriving to his unit. By coincidence, the old wrestling coach was leaving as he was arriving. Caraway said one way he teaches his kids how to wrestle is by example, which is why he participates in matches when he receives the opportunity. “I still compete while coaching,” he said. “They have an open division, which is open to anyone who has graduated high school. I really try to lead by example and my team will sit on the edge of the mat and watch me wrestle. I have only lost two matches in the last two years here so they know that I am proof of what I preach to them.” Some games he has his kids do rescue missions in order to break up the intense wrestling schedule, sharks and minnows and lag hop. Each game is designed to practice what they’re taught in the form of a game. Though Caraway has been coaching for more than two years, he still sees himself as an amateur. “It’s been a great experience except I’m still kind of a rookie when it comes to coaching and I’m learning something



Cpl. Jeffrey S. Caraway

Wainae High School home of West Side Wrestling headed by "Coach Mac" Anders Nordberg of MCBH's Youth Wrestling Team, Semper Fi on Oahu takes full advantage of the clinic with Brandon Slay, the 2000 Olympic Gold medalist learning the key to a double-leg takedown.

new every year,” Caraway said. “It’s extremely emotional as a coach to watch your kid out there on the mat and tied up into a knot and there is nothing you can physically do about it, it’s hard to sit still. All you can do is keep encouraging them

not to give up and count down the clock for them to hang on. When they have a huge victory, it’s the best feeling ever. Watching them get their hand raised as the victor is such a proud moment, when all the grueling practice pays off.”

SPOTLIGHT ON SPORTS

Sports Briefs

Senior Fit

The Senior Fit/Semper Fit Center, located at building 3037, will be hosting an eight-week fitness program geared specifically for the older populace. The program, which costs \$30 per person, begins Tuesday and ends Sept. 7. For more information, contact Jon Shiota at 254-7597.

Summer Basketball

The intramural summer basketball league is beginning soon. Games will be held Monday, Tuesday, Wednesday and Friday at 6 p.m., 7 p.m. and 8 p.m. Fore more information, call Joe Au at 257 7591.

Tackle Football Coaches

The tackle football coaches organizational meeting will be held Thursday at 2 p.m. at the Semper Fit Center.

For more information, call Joe Au at 254-7591.

Youth Activities

Register now through July 31 for youth flag football, in-line hockey and cheerleading. These activities are open to children born between 1992 and 2002. Practices begin on Sept. 4 and games begin on Sept 29.

Uniforms are included with registration costs.

Football fee is \$60, hockey fee is \$65, and cheerleading fee is \$95.

For more information, call Youth Activities at 254-7610.

Women’s Softball

The Women’s Softball team meets every Thursday at 6 p.m., at the Annex Field. The team is still looking for players to participate.

Varsity Basketball Coaches

Varsity Men’s and Women’s Basketball coaches are needed. Applications are currently being accepted.

All-Marine Golf

The All-Marine Golf team is now accepting applications for qualified players. Qualified men must have a handicap of four or lower and qualified females must have a 14 or lower. For more information, call Meghan Brophy at 254-7590 or go to Building 219 for an application.

The following are the dates and locations of the tournaments.

All-Marine (Sept. 14-20) MCB Lejeune, N.C.
Armed Forces (Sept. 21-27) NAS Oceana, Va.
CISM (Sept. 30 - Oct. 6) Pretoria, South Africa

2007 Intramural Standings



Soccer

TEAM	WINS	LOSSES	TIE	PTS
CSSG-3	9	1	0	18
3RD RADIO BN	8	2	0	16
HQBN	5	5	1	11
VPU-2	4	4	3	11
HSL-37	3	6	2	8
MALS-24	2	7	1	5
VP-9	0	6	3	3

Standings as of July 10

Commander’s Cup stats

Team Standings													
Place	Team Name	Points Won	Points Lost	Team Ave.	Pins plus HDCP	Handicap	Place	Team Name	Points Won	Points Lost	Team Ave.	Pins plus HDCP	Handicap
1	AINOKEA	65	27	648	120	51734	11	VP-9	42	50	539	208	51317
2	Ghost Team	55½	36½	592	165	52907	12	Flaming Hookers	42	50	610	150	49885
3	Golden Eagle's	55	37	625	138	53022	13	The Happy Team	42	50	520	222	49213
4	Team 17	55	37	460	271	51504	14	Effin' H	40	52	588	168	52118
5	3 Putts	54½	37½	570	182	52795	15	The Untouchables	39	53	476	257	51163
6	Team Whidbey	53½	38½	591	165	52669	16	The Blue Ballers	39	53	546	202	49319
7	BANNED	53	39	654	115	52835	17	Team 3	36½	55½	610	150	42629
8	4th Force Recon	52	40	563	188	52283	18	Da Pin Droppers	35	57	463	268	51777
9	Illegal Affairs:ReDux	46½	45½	667	104	53720	19	Big Ern's Kids	33	59	541	206	44880
10	Pinheads	45½	46½	547	202	52212	20	Team Ramrod	30	62	466	266	48252

Results of Last Week's Bowling.....

Lanes	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON
1-2	Da Pin Droppers	692	812	754	2258	3	VP-9	721	708	702	2131	1
3-4	The Happy Team	685	837	760	2282	3	Effin' H	704	705	740	2149	1
5-6	Golden Eagle's	720	844	772	2336	3	Pinheads	821	794	706	2321	1
7-8	4th Force Recon	820	798	949	2567	4	Big Ern's Kids	0	0	0	0	0
9-10	Flaming Hookers	0	0	0	0	0	Team 17	720	735	790	2245	4
11-12	Ghost Team	887	900	864	2651	4	BANNED	806	806	827	2439	0
13-14	The Blue Ballers	809	821	796	2426	2	The Untouchables	701	857	849	2407	2
15-16	AINOKEA	801	899	882	2582	4	Team Whidbey	775	802	774	2351	0
17-18	Illegal Affairs:ReDux	841	767	782	2390	0	3 Putts	848	898	849	2595	4
19-20	Team Ramrod	709	729	722	2160	1	Team 3	760	810	713	2283	3

*** Last Week's High Scores for Immediate Release ***

Scratch Game		Scratch Game		Scratch Series		Scratch Series	
Men	257 Mark Gleason	213 John Murphy	725 Mark Gleason				
	256 Dan Burford	213 Michael Saxe	658 Dan Burford				
	252 Mark Gleason	209 Mathew Chitwood	650 Brock Brothers				
	236 Jim Martin	208 Victor Curley	617 Bryan Toulson				
	231 Bryan Toulson	206 John Murphy	615 Salvatore Taibi				
	230 Salvatore Taibi	202 Brock Brothers	603 John Murphy				
	225 Brock Brothers	202 Michael Saxe					
	223 Brock Brothers	201 Dan Burford					
	222 Scott Hammond	201 Dan Burford					
	216 Mark Gleason	200 Tyler Tomlin					
213 Matthew Tumbrick							
Women	247 Melenie Nixon	199 Abby Hammond	639 Melenie Nixon	494 Kumi Martin			
	233 Melenie Nixon						
			515 Abby Hammond				

Dance Movement Academy and K-Bay Gymnastics

Dance and Gymnastics classes are available for youth between the ages of 1 and 18.

Classes are held Monday through Saturday and encompass areas of interest such as Team Gymnastics, Cheerleading, Tumbling and Trampoline, Jazz and Tap Dancing, Hula and others.

Interested participants are offered one free trial class.

Call 479-3273 to arrange your free class.

Fees will vary according to class frequency and length.



Base Pool hours

The base pool offers a water slide, diving boards and a kiddie pool for the keiki.

Summer hours:

Open swim

Tuesday through Thursday 1 to 6 p.m.

Saturday and Sunday 12 to 6 p.m.

Adult Lap swim

Tuesday through Thursday 11 a.m. to 1 p.m.

Saturday and Sunday lanes available 12 to 6 p.m.

Water Aerobics

Tuesday and Thursday 11:30 a.m. to 12:30 p.m.

Saturday 10 to 11 a.m.

The pool is closed on Mondays. For more information, call 254-7655.

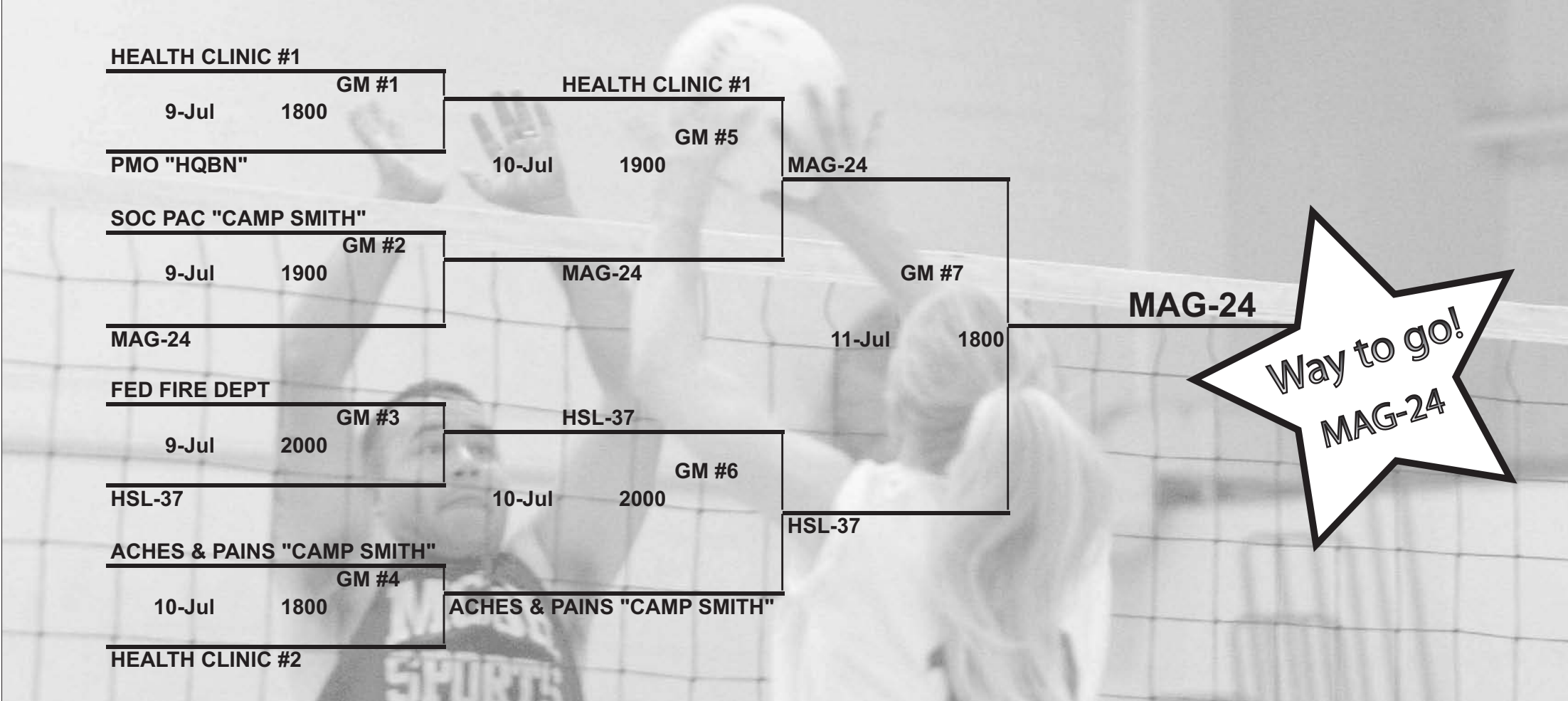
Summer swim lessons are now available for infants to adults.

Lessons are open to all active duty, family members and DoD employees.

For more information, call Dino Leonard at 254-7655.



2007 INTRAMURAL VOLLEYBALL PLAYOFF BRACKET



Safety tips for bike riders

Jenny Sokol
LIFELines

Whether it's spring and the tulips are in bloom, the height of a long, hot summer, or a chilly autumn day with the trees turning colors, there's no better way to enjoy the outdoors than by bicycle. But before heading out, be sure to review some basic safety tips.

Bikers Beware
Most bicycling accidents occur less than five

blocks from home, and are the result of falls. Collisions with motor vehicles account for only 20 percent of bike injuries, but these collisions are far more dangerous and account for 95 percent of cyclist deaths. And cyclists are at fault in 70 percent of all collisions.

- Protect Yourself**
- ♦Wear a helmet.
 - ♦Wear the right clothes.
 - ♦Be bright at night.
 - ♦Become street smart.

Child Safety
Children need more safety instruction than adults. Because they don't drive yet, they don't understand traffic patterns or anticipate drivers decisions.
Also, they tend to follow each other, resulting in peer-pressure injuries, such as when the last child in the group doesn't stop at a stop sign in order to keep up with the rest of the group.
Fit your child's bike so that both feet touch the ground when he or she straddles the bike. Gearless bikes are easiest for children to maneuver. Teach them to stop and look both ways before coming out of a driveway or alley, and to walk their bike across busy streets.
Check with the military base closest to you for safety workshops for children. Often installation Safety Centers host bicycle safety stand-downs for families. The Bicycle Safety Education Resource Center provides bicycle

safety information to assist in teaching your child to ride safely.
Biking on Base
While on-base biking tends to be rather safe due to enforced safety rules, off-duty biking is another story. According to Phil Bower, safety specialist at Camp Pendleton's Base Safety Center, the most common bicycling violation in off-duty recreational mishaps is the failure to wear a helmet.
On base, he encourages cyclists to stay well within designated bike lanes. OPNAVINST 5100.25A outlines the rules for biking on base, including wearing light-colored clothing and reflective clothing during reduced visibility conditions.
Pre-Biking Checklist

- ♦Inspect tires.
- ♦Clean up.
- ♦Make adjustments.

Maintaining the healthy lifestyle you began during deployment

Jennifer Hochlan
LIFELines

Remember your feet? Nice to be reacquainted, isn't it? It can be tricky continuing the battle of the bulge once your spouse returns home from deployment. But it isn't impossible. You've made it this far; you can overcome this hurdle, too.

Setting Goals
Just because your hubby is back from afloat doesn't mean your life ends. Continue to set goals for yourself. Talk with your spouse about what you want to achieve. Here are some tips to goal attainment:

- ♦Write down your goals. Go over your list with your spouse.
- ♦Develop a timeline. It isn't enough to say, "I want to lose 30 pounds before Thanksgiving." Break it down into mini-goals. A more specific goal is "I want to lose 10 pounds over the next two months."
- ♦Take it one step further; write down exactly what you need to do to achieve your mini-goal. How you will eat (keep a food diary), how often you will exercise, etc.

♦Reward yourself with something new (like a new pair of shoes, new scarf, that great red sweater that will fit you now) each time you reach a mini-goal.
Handling the Hoover
Ever notice your spouse can always win the pie-eating contest and not gain an ounce? Meanwhile, you sit on the sidelines cheering him on, and you gain 5 pounds. You're not alone, scale-scrutinizing sister. Don't hate him for his metabolism. The beer gut is only a few years away. Fend it off with these healthy eating tips for two:

- ♦Restaurants. Have the waiter box up half your meals before you begin eating. This way you won't be tempted to overeat and you'll have lunch for the following day. Better yet, ask if they offer half-portions (not always on the menu).
- ♦At home, start dinner with a fresh salad. Packaged salads are just as good and have been pasteurized, so there is no need to re-rinse. Just tear it open and throw in a bowl. Chop up some veggies and munch away. Toss with a great vinaigrette or

other low-fat dressing, and leisurely eat and talk with your spouse. Some nights, you may not even be hungry for the main course.

- ♦Educate yourself about portion sizes.
- ♦Keep healthy foods on-hand and ready to eat in case of munchie emergencies.
- ♦Good food isn't just bean sprouts and tofu. Learn how to create healthy and satisfying meals for you and your family.

Working Out the Workouts
Once you have your goals and have shared them with your spouse, develop a lifestyle plan that will work for both of you. Be certain it includes your goals and your spouse's goals. It's important that no one be left out of the process.
Develop a workout schedule that allows both of you to get in the required amount of exercise per day. Maybe you will work out together after dinner. Maybe he works out in the morning, while you watch the kids, and you work out in the evening, while he watches the kids. Make sure it fits into your life and its

many demands. Otherwise, you won't stick with it.
Find an activity to do on the weekend that gets you out of the house. Weekends tend to be hardest for people to stick with the plan. It's the time for BBQs and parties, dinners and movies. An occasional bag of popcorn and a hot dog won't kill you, and getting out and about will benefit you in the long run. Set aside one day for something physical, such as hiking in a National Park, walking by the ocean or biking around town. You will be amazed at what some fresh air and getting sweaty does for your marriage.
Who Can Help on Base?
Most major bases have a registered dietician available to anyone who asks. Talk with your primary physician for a referral. Together, you can develop a healthy eating plan and exercise schedule that fits your needs.
Many gym facilities on base also have a physical trainer on hand to help you design an effective workout regimen. Consult with your physician first, so you know your limita-

tions, and then schedule a meeting with the trainer. Discuss your goals and your time schedule. Most gyms offer everything from free weights to kickboxing to spinning (a bike machine that doesn't go anywhere).
Changing to a healthy diet from a fast-food diet or a meals ready to eat (MRE) diet will take some adjusting. It is important not to cut out everything you love from your diet. Enjoy an occasional ice cream cone. Share a large fry some Friday night.
And you can't shock your spouse as soon as he sets foot on soil. Introduce new, healthier foods gradually.
Remember, fad diets are just that: fads. You may be able to lose 20 pounds in a month eating hamburgers without the buns, but it isn't best for the long run. Just like you wouldn't be caught dead in those red, pink, and orange striped legwarmers (hey, you know you still have them). Believe that your health is worth more than that. Follow the Food and Drug Administration (FDA) food pyramid that is recommended by your physician and develop a safe workout plan that fits your life.

Service members not deterred

Samantha L. Quigley
American Forces Press Service

WASHINGTON — The lung cancer death of broadcasting legend Peter Jennings, an admitted long-time smoker, has again brought smoking and its dangers to the forefront of public consciousness.

While an estimated 25 percent of Americans smoke, the military's numbers hover at 34 percent, according to Col. Gerald Wayne Talcott with the Air Force Medical Support Agency, in Falls Church, Va. That's an increase of four percent for the military since 2002.

"We do have a higher prevalence of smoking for our youngest people in the military," Talcott said. "Now, if you look at officers, that's not the case. But for our youngest members, that's our E-1s through E-4s, ... the overall prevalence is a little bit higher than the national average."

Service members who smoke often claim it's a stress reliever. Talcott said that might be true, but only for people who already are addicted. Before addiction occurs, smoking actually increases stress on the body, he explained.

Smokers may see their habit as a personal risk, but it affects force readiness, Talcott said. Even among smokers who have no ongoing diseases related to smoking, it impairs night vision, weakens the immune system and can lengthen healing time. Smokers also may have more frequent upper-respiratory ailments.

Tobacco use also affects families, the colonel said.

"We have a lot of young people that are just starting families," Talcott said. "It has an impact on those young children as well. If you're smoking around them, their risk for upper respiratory infections goes up as well."

Smoking is a deceptive risk for younger people, since they don't necessarily feel the immediate ramifications. But, if a smoker quits, as more than 50 percent of Defense Department personnel who smoke have expressed a desire to do, there are benefits to be reaped.

"Your body has a very recuperative ability," Talcott said. "We have a very young population, so the sooner you quit and the less amount of time you smoke, the faster your body repairs itself. Within 10 to 15 years (of quitting smoking) your risk for cancer, if you quit early enough, ... is the almost the same as it would be for a nonsmoker."

Service members have multiple excuses for not quitting. The fear of failure or a failed first attempt often keeps smokers from trying to quit again, Talcott said. However, he said, a failure does not mean that a second, or even a third, attempt is going to fail.

"You aren't always successful the first time," he said. "What we know is that it seems like the more people try to quit, the more likely they are to quit successfully."

Some smokers, especially women, are afraid to kick the smoking habit out of fear that they will gain weight. That's not a good enough excuse, Talcott said. A person would have to gain 100 pounds to equal the negative health effects of continued smoking, he said.

Nor is the weight-gain theory necessarily true. Among recruits in basic training -- where smoking is disallowed, meals are controlled and exercise is a must -- there is virtually no weight gain, Talcott said.

Help is available for those who wish to quit but think they need help. DoD offers smoking cessation classes in nearly all medical treatment facilities, and nicotine-replacement therapies are available.

The military also is working to make smoking less attractive by hitting service members who smoke in the wallet.

The Army and Air Force Exchange Service is restricted to discounting tobacco products no more than 5 percent below what they would cost outside a military installation. This is a change from deeper discounts that were once offered, officials said.

DoD also is working with primary care physicians to help them spot tobacco use early and provide messages about quitting.

The Tricare Web site, www.tricare.osd.mil, also offers information on why kicking the habit is a good idea and how to quit.

No good news on tobacco

Carole W. Butler
LIFELines

It's so romantic. He leans slowly toward her. Shyly, she turns her cheek for his kiss. No, wait. She's turning away from his gross yellow teeth, his foul tobacco breath. If you want romance, tobacco isn't your friend. Tobacco isn't pretty: showering ashes, stinking butts, choking smoke, burning holes in your uniform, spitting out chew juice, or worse, swallowing it. And it's not cheap: \$3, \$4, (\$7+ in New York) a pack. At \$4 a day, that's \$1,460 a year. A nicotine mistress quickly burns up your cash, leaving little for dinner and a movie, much less savings for your sweetheart's engagement ring.

Since the Department of the Navy announced smoke-free working and living spaces, there has been no good news for Navy and Marine Corps personnel who are slaves to nicotine. Ironically, nicotine can be used to help smokers become non-smokers. "The nicotine patch, gum, and nasal spray are all safe, if used properly," said Capt. Larry Williams, Dental Office, Naval Training Center Great Lakes. "There are no safe forms of tobacco." Dip, chew, snuff, cigars, cigarettes and herbal cigarettes - smoked, chewed, inhaled (directly or indirectly) - are all bad news for personnel using tobacco. When Williams addresses recruits at Great Lakes, he tells them about smokeless tobacco ingredients: trash from the cigarette production floor, dead bugs and feces. "Very appetizing," he said. "I ask them, 'Do you want to kiss somebody that

had this in their mouth?' " Then there's secretly spitting the disgusting stuff into a soda can — or swallowing it — to avoid standing in lines for the smoking deck. "They think dip is less harmful, mistakenly, because it isn't less harmful," said Alice G. Fitzpatrick, registered nurse, Tobacco Cessation program manager, Naval Medical Center Portsmouth. Advising Navy and Marine Corps personnel and their families trying to quit using tobacco, Fitzpatrick points out the thousands of chemicals (including insecticides and formaldehyde) consumed from smoke or smokeless tobacco, as well as the stress tobacco consumption places on the human body: liver disease, lung cancer, cancer of the mouth, rotted teeth, stroke and heart disease. There is no good news on tobacco.

When smokers quit The health benefits over time

News Release
American Cancer Society

- 20 minutes after quitting**
Your heart rate and blood pressure drops. ("Effect of Smoking on Arterial Stiffness and Pulse Pressure Amplification", Mahmud, A, Feely, J. 2003. Hypertension:41:183.)
- 12 hours after quitting**
The carbon monoxide level in your blood drops to normal. (US Surgeon General's Report, 1988 , p. 202)
- 2 weeks to 3 months after quitting**
Your circulation improves and your lung function increases. (US Surgeon General's Report, 1990, pp.193, 194,196, 285, 323)
- 1 to 9 months after quitting**
Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle

- mucus, clean the lungs, and reduce the risk of infection. (US Surgeon General's Report, 1990, pp. 285-287, 304)
- 1 year after quitting**
The excess risk of coronary heart disease is half that of a smoker. (US Surgeon General's Report, 1990, p. vi)
- 5 years after quitting**
Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting. (US Surgeon General's Report, 1990, p. vi)
- 10 years after quitting**
The lung cancer death rate is about half that of a continuing smoker. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease. (US Surgeon General's Report, 1990, pp. vi, 131, 148, 152, 155, 164,166)
- 15 years after quitting**
The risk of coronary heart disease is that of a nonsmoker. (US Surgeon General's Report, 1990, p. vi)



AROUND THE CORPS

Camp Fuji Marine makes 250-km trek through China’s Gobi Desert

Cpl. Warren Peace
MCB Camp Butler

TIJIKISTAN, China — The challenge of becoming a Marine led Paul Johnston to transform his body, improve his physical fitness and compete in a grueling 250-kilometer march across the Gobi Desert in Northwestern China in June.

His 6-foot-6-inch frame may not seem ideal for an ultra-distance endurance race, and he admits three years ago in Boone, N.C., he was as far from a Marine and ultra-distance runner as anyone could be.

“I liked to sit on my butt, eat and play video games,” said Johnston, a military policeman at Combined Arms Training Center Camp Fuji. “I couldn’t finish a single lap around a track. When I first walked into the Marine recruiter’s office, I weighed 350 pounds. They said to come back when I lost some weight.”

Johnston did just that. He lost nearly 55 pounds, and enlisted in the Marine Corps in September 2004. He quickly fell in love with running.

Johnston got down to 245 pounds before the Gobi March June 17 to 23.

Race rules required participants to carry their own food, clothing and whatever else they might need with them. Checkpoints spaced about 10 km. apart and camp sites at the end of each of the six stages gave them their only extra supplies: a 1.5 liter bottle of water per station and three per camp site.

He soon learned each stage had its own unique obstacles, and he was immersed in a culture rarely seen by Westerners.

June 17
Tijikistan, China

The first day of the race began in Tashkurgan Tajik Autonomous Region. The racers started their journey through river valleys and small villages with relatively cool weather.

“I could not believe how desolate that place was and that people still lived there,” he said, recalling the natives coming out of mud huts to watch the strangers run by. “They got by on nothing at all and had no knowledge of the outside world. In most places, we were their first contact with the outside world. It gave me a special feeling to see the bright looks on their faces.”

When he reached the first site, Camp Yarkand River, he already felt soreness in his muscles from hiking on the loose rocks throughout the first stage.

“Everybody was soaking their feet in a cold river near the camp,” he said grinning. “I jumped in. It felt so good.”

June 19
Stairway to Heaven

Johnston stepped off into yet another riverbed. Jumping from rock to rock, he made his way to a steep incline. For 9 km., he fought his way up to a 13,000- foot altitude, where he had to fight freezing temperatures, snow and high winds.

“I have climbed a lot of mountains, but this was one of the hardest,” Johnston said. “It just kept going forever. Each time I came to a turn, I knew it would be the top. Once I got around the corner, I could see runners ahead of me that looked like ants they were so far away.”

At the top he noticed his feet had begun to blister. Later, knee deep river crossings shot pains up his legs as the water filled his blisters and he neared Camp Gobi Oasis.

“I was so happy to see the camp,” he said. “I just wanted to take care of my feet. It was the toughest day so far.”



Cpl. Paul Johnston
Paul Johnston nears a 13,500-foot peak near Tajik Village, China, June 19 during the Gobi March. The Gobi March is an ultra-distance endurance race across the Silk Road in the Gobi Desert.

June 21
The Long March

The temperature reached the 90s before 10 a.m. as Johnston tackled the longest and most grueling phase. The terrain became sandier and

drier on the 80-km. trek, and Johnston’s body was showing signs of failure.

“My right ankle was swollen to the size of my calf,” he said. “The bottles of water didn’t seem to last as

long as before.”

Soon after the sun set, the race officials placed chemical lights every hundred meters to guide the participants. Trekkers lit the path with headlamps as they trudged

through the night, and Johnston began to feel the full effect of his injuries.

“My ankle was killing me,” he said. “The blisters felt like I was walking on broken glass.”

The last 30 kilometers of the stage featured rolling sand dunes.

“The sunrise was the most beautiful thing I’ve ever seen,” he said. “It was so pure. It was a scene untouched by man.”

The temperature was 115 degrees by the time he reached Camp Vista Qi Pan more than 27 hours after he began the stage, which was more than double the length of the average phase. It was the first camp he stopped at during daylight.

June 23
In the Shadow of Chairman Mao

After a five-hour bus ride to Kashgar, Johnston prepared for the shortest portion of the race, a 10 km. run through the center town of town.

My feet were so swollen I had cut my shoes with a knife to make them fit. The blisters hurt bad the whole town could

hear me cursing as I pulled my shoes on.”

As he fought through the pain, he ran past thousands of Kashgar citizens lining the streets.

“Police were blocking miles traffic just for us,” he said. “Everybody was rooting for us, we passed through a 400-year-old part of town. When I crossed the finish line, I was so motivated I dropped down and started knocking out Marine Corps pushups.”

Afterthought
Johnston traveled through freezing winds at the top of mountains, through muddy rivers and across 115-degree deserts losing 20 pounds in six days.

“During my first shower, the water at the bottom of the shower looked like the muddy river water we ran through,” he said. “It all clicked in the shower. I knew why I did it. It felt like I had actually done something worthwhile. I mentally went back to each checkpoint remembering the pain and the good.”